

ALPHA INSTITUTE ANNUAL MEETING 2012

Address by the President – Andrea R. Lord

GREETINGS –

THIS YEAR HAS BEEN AND IS ABOUT HOLDING YOUR POST – What does that mean? To us it means having your intention, the energy of your focus and the consciousness of your decision never waver no matter how you spend your day.

Holding your post does not mean standing in a rigid position but keeping your eye on the prize while maintaining a flexible stance.

Alpha has been dedicated since the beginning to echoing the voice of freedom – this is our post - helping to look at physical, mental or emotional patterns that can stymie growth.

In **Taos** it was about looking at everything in a new light – relationships, obligations, expectations, life styles, food, clothing, child bearing and rearing, God and each other – anything you can name.

In **Detroit** it was about poverty and isolation, again a similar situation

In **Denver** when helping indigenous and community organizations connect through our Web Services on **Scicom**.

The Fountain of Light Ezine makes available different view points from both non-traditional and traditional voices so that you can decide for yourself what to believe.

The Women's Circles and our **Women's websites** are about seeking community and support so to explore and discover new ways to focus women's magic and energy.

Recycling whether it is composting, computers, human resources. **Energy renewal** as in **Solar Cookers** – is really about recognizing and being responsible for our usage and seeking balance in the chain of life on this planet. We are all about recycling - look at every breath we take.

We are not alone and come from a long line of freedom movements, the unions, the suffragettes, civil rights, peace movement, women's issues and now Occupy.

We have been involved since last October in the **Occupy Movement** and it is interesting to watch this movement morph and change their direction but not their post – they hold tough and strong to naming and holding responsible the organizations that have and are stripping away our human, civil and spiritual rights. They are a good example of holding ones post even when their communities were destroyed and scattered they are still there they show up every week and we are proud to stand with them.

I believe that everyone here has a post, a plan, a desire to increase and make better this world for all.
SO

I would like to try a small experiment and let our circle try a two minute meditation on connecting with our post.

Meditation:

BREATHE, RELAX AND LET GO

PAUSE

GATHER YOUR ENERGY AND DRAW IT TO YOUR CENTER – YOUR ABDOMEN

PAUSE

LET IT LOWER TO YOUR FEET

PAUSE

THEN INTO THE GROUND

PAUSE

RELAX AND CONNECT TO THE RYTHMN OF THE EARTH

THE HEART BEAT

FEEDING YOUR SPIRIT

DEFINING YOUR INTENTION

PAUSE

BREATHE AND ALLOW THE ENERGY TO CONNECT YOU TO YOUR PURPOSE

RELAX AND ENJOY THE GLOW OF FUSING YOUR SPIRIT AND YOUR ENERGY TO YOUR

POST

PAUSE

NOW

BREATHE AND SLOWLY LET THE ENERGY RISE AND RETURN YOU TO THE NOW

WE THANK YOU FOR TAKING THE TIME TO SIT IN CIRCLE WITH US AND BEING PART OF THE ALPHA COMMUNITY.

PEACE.

Agenda

Report by the Sysop

Everything continues to work OK considering it is all used and old equipment (Sun Unix servers).

WEBSITES:

The list of web sites that we host and support is on www.aphai.org. (See attached list.)

Alpha Institute wants to recognize the work of Linda Nuttles and her organization NAMES and wish Linda well on her journey to the creator. Linda was one of the first people in Denver in the Native Community to recognize the value in computers and what they could do for educating and uplifting people. She will be missed.

We continue to maintain our sites such as the Fountain of Light and Womens Circle News.

Recycling Computers: William McGuire

No computers were received or given out last year as donations and we continue to clean out the old equipment, especially CRT monitors. In June and December AI sent three loads of computers, monitors and assorted hardware to Goodwill Industries on Iliff in Aurora. The trend is toward moving away from desktop computers and CRTs to laptops or tablets.

Report by Rachel Lord on Womens's Circles and Related Activities:

CIRCLES: In 2011 four quarterly women's circles were held in the community.

January 16, 2011

CIRCLING: Using Women's Medicine for Safety and Protection

Intention: To internalize the ability to protect ourselves using women's medicine.

Explored what protection means on physical, emotional, psychic and spiritual levels and how to achieve these goals.

April 10, 2011

CIRCLING: Springtime Cleansing with the 4 Elements

Intention: To identify our spiritual and emotional blocks and use the energy of fire, air, water or earth to help in our cleansing.

We used the metaphor and the actual elements find tools for cleansing body, mind and spirit.

July 17, 2011

CIRCLING: 2012 and New Beginnings

Intention: To use the opportunity of 2012 to evolve, change and gain consciousness.

Explored the Mayan Calendar and other prophecies to understand our world and personal changes.

October 9, 2011

CIRCLING: How to Have Your Own Circle and Why Now?

Intention: To empower each of us to create a circle for ourselves and others.

Looked at what a circle is and isn't and together created our own "circle within a circle".

2. NEWSLETTERS: On-Line newsletters were posted on various topics. awomenscircle@yahoo.com
They were as follows:

January 2011 The Mayan Calendar: A Window of Opportunity

March 2011 The Vernal Equinox

April 2011 Earth Day

September 2011 Creating Your Own Circle

December 2011 Winter Solstice

1. DRUMMING CIRCLES

We were asked to facilitate pro-bono community Drumming Circles at Isis Books and Gifts, a metaphysical store in Englewood, CO. We began these in June and have been conducting them on the second Friday of each month ever since. They are announced in the Isis Newsletter. Attendance gets larger with each one.

Solar Cookers – Report by Donald Christensen

This continues the work started in 2010 where two solar cookers were made.

It's very simple, just cardboard, aluminum foil and Elmers white glue. Once the design is laid out on the cardboard, just bend at the right locations and glue aluminum foil. Then set it up pointing at the sun, slightly raise a black pan enclosed in a cooking bag and let the energy of the sun do the cooking. So far we have built 4 models of the basic CookIt, with variations such as one has Velcro attachments for portability and two have higher sides. Also built were two box cookers from a different design. This one uses an insulated box within a box design with a glass cover which eliminates the use of the cooking bag and is better in colder weather.

Thus far we have cooked successfully – potatoes, rice, beets, small roasts, elk and chicken. Beans were difficult. The average time required for cooking is between 2 and 4 hours and a good sun with few clouds.

As part of the presentation two cookers were available for view – one a box and one the traditional CookIt. Also shown was a full scale printout of the design ready to be applied to cardboard for bending.

Alpha has also purchased additional cardboard and materials for use by members of the community for building more cookers.

Ongoing Activities

Alpha continues to explore various recycling and conservation activities including composting, conservation of water and the full range of items that can be recycled such as motor oil, metals, glass, and paper products, plastics, etc. As mentioned in a previous year – **Going Green** has an obligation and a responsibility to future generations and is not limited to just normally recycled products but to enlarging the conversation to include basic living methods and forms.

Occupy Movement

Members of Alpha have been going downtown to Civic Center Park since October 8 and supporting Occupy Denver. In the beginning it was very obvious by the crowds that a large number of people resonated with the basic message of corporate greed and inequality in business and government. And that message was picked up by politicians such as Obama in his state of the union message. The future of this effort, however, is dependent on whether it continues to grow and has a long term effect. One aspect of that support comes from the National Lawyers Guild representing Occupiers arrested by the police for basic first Amendment issues. Also one of our members (MLB) has already used her admission to the bar to defend an Occupier.

Included is **The NYGA (New York General Assembly) Declaration of the Occupation of New York City**

Open to Discussion:

Eric S. presented his research on installing a home solar system and its economics. One company is willing to install the system for a 20 year commitment to pay for it by the homeowner with no capital down only and monthly payments as is presently done to Excel Energy. More research may be needed to verify the issues.

Web Sites Hosted & Supported

All the groups now maintain their own sites but we continue to host them.

NAMES L NUTTLES

Midwest Treaty Network

Western Shoshone Defense Project

Indigenous Environmental Network

<http://www.ienearth.org/>

Programs & Initiatives

"A network of Indigenous Peoples empowering Indigenous Nations and communities towards sustainable livelihoods, demanding environmental justice and maintaining the Sacred Fire of our traditions."

From Alpha Institute Web Page:

Host to:

[America's Eagle](#)
[Black Mesa Water Coalition](#)
[Indigenous Environmental Network](#)
[Indigenous Peoples Day](#)
[Janet McCloud / Sapadawn](#)
[Midwest Treaty Network](#)

[NAMES](#)
[NECONA](#)
[Peace & Dignity Project](#)
[Thomas Banyacya](#)
[Western Shoshone Defense Project](#)

Other Web Sites:

Himalayan Dental Relief

<http://www.globaldentalrelief.org/>

Smoke Signals

<http://www.indigenousnative.org/>

FountainofLight.net <http://www.fountainoflight.net>

Womens Circle News <http://www.alphai.org/circle/index.htm>

Declaration of the Occupation of New York City

This document was accepted by the NYC General Assembly on [September 29, 2011](#)

As we gather together in solidarity to express a feeling of mass injustice, we must not lose sight of what brought us together. We write so that all people who feel wronged by the corporate forces of the world can know that we are your allies.

As one people, united, we acknowledge the reality: that the future of the human race requires the cooperation of its members; that our system must protect our rights, and upon corruption of that system, it is up to the individuals to protect their own rights, and those of their neighbors; that a democratic government derives its just power from the people, but corporations do not seek consent to extract wealth from the people and the Earth; and that no true democracy is attainable when the process is determined by economic power. We come to you at a time when corporations, which place profit over people, self-interest over justice, and oppression over equality, run our governments. We have peaceably assembled here, as is our right, to let these facts be known.

- **They have taken our houses through an illegal foreclosure process, despite not having the original mortgage.**
- **They have taken bailouts from taxpayers with impunity, and continue to give Executives exorbitant bonuses.**
- **They have perpetuated inequality and discrimination in the workplace based on age, the color of one's skin, sex, gender identity and sexual orientation.**
- **They have poisoned the food supply through negligence, and undermined the farming system through monopolization.**
- **They have profited off of the torture, confinement, and cruel treatment of countless animals, and actively hide these practices.**
- **They have continuously sought to strip employees of the right to negotiate for better pay and safer working conditions.**
- **They have held students hostage with tens of thousands of dollars of debt on education, which is itself a human right.**
- **They have consistently outsourced labor and used that outsourcing as leverage to cut workers' healthcare and pay.**
- **They have influenced the courts to achieve the same rights as people, with none of the culpability or responsibility.**
- **They have spent millions of dollars on legal teams that look for ways to get them out of contracts in regards to health insurance.**
- **They have sold our privacy as a commodity.**
- **They have used the military and police force to prevent freedom of the press.**
- **They have deliberately declined to recall faulty products endangering lives in pursuit of profit.**
- **They determine economic policy, despite the catastrophic failures their policies have produced and continue to produce.**

- **They have donated large sums of money to politicians, who are responsible for regulating them.**
- **They continue to block alternate forms of energy to keep us dependent on oil.**
- **They continue to block generic forms of medicine that could save people's lives or provide relief in order to protect investments that have already turned a substantial profit.**
- **They have purposely covered up oil spills, accidents, faulty bookkeeping, and inactive ingredients in pursuit of profit.**
- **They purposefully keep people misinformed and fearful through their control of the media.**
- **They have accepted private contracts to murder prisoners even when presented with serious doubts about their guilt.**
- **They have perpetuated colonialism at home and abroad.**
- **They have participated in the torture and murder of innocent civilians overseas.**
- **They continue to create weapons of mass destruction in order to receive government contracts.***

To the people of the world,

We, the New York City General Assembly occupying Wall Street in Liberty Square, urge you to assert your power.

Exercise your right to peaceably assemble; occupy public space; create a process to address the problems we face, and generate solutions accessible to everyone.

To all communities that take action and form groups in the spirit of direct democracy, we offer support, documentation, and all of the resources at our disposal.

Join us and make your voices heard!

**These grievances are not all-inclusive.*

Administrative Notes: Just a reminder that Alpha previously decided to hold the Alpha Institute yearly meeting on the weekend closest to February 10 so that more people could attend which is why this meeting is on February 12, 2012. And notifications were sent out via text on the cell phone.

Also the registered agent was switched to William E McGuire.

The meeting was called to order at approximately 4:30 PM, 2/12/12 by the Secretary at 2570 Sky Ranch Road, Aurora, CO 80011.

5:20 PM Meeting called to close by Secretary/Treasurer.

This is a true and accurate rendering of the official yearly meeting of Alpha Institute held February 12, 2012 in accordance with the corporation by-laws.

Signed:

3/30/2012

William E. McGuire
Secretary Treasurer
Alpha Institute